

# HYDRATION



**Up to 1 in 3 older people are dehydrated  
when admitted to hospital**



Dehydration can be a cause of delirium



The feeling of 'thirst' happens later in older  
people and goes away more quickly when  
drinking.... so offer drinks often



Maintaining hydration is everyone's job  
- always leave a drink in reach.



Offering a drink (e.g. 'I'm making a cuppa, fancy  
one?') works better than leaving one nearby...



The MDTTea Podcast provides Education on Ageing for all healthcare  
professionals working with older adults

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